



Dec. 2010

TENTH ANNIVERSARY EDITION

The Mountain Yodeler

Dec. 1, 2010 Tenth Anniversary Edition Serving Lake Hughes, Elizabeth Lake, Leona Valley, Green Valley, Three Points and Neenach Distribution: 2,500

Bulk Standard
U.S. Postage
PAID
Permit No. 2
Lake Hughes, CA

Water Rates to Double

By Dahlia Grossman
Editor/Publisher

Water Rates in Leona Valley and Lake Hughes will most likely be increased by about 50% in 2011, according to Leona Valley Town Council member Larry Tyler.

Tyler told Leona Valley residents at the November 8 meeting that the administrative law judge who heard arguments on the rate increase last April has made his recommendation to all parties and his decision now must be voted on by the California Public Utilities Commission.

California Water Service, which provides water to Leona Valley and Lake Hughes, originally asked for a 138% increase in Leona Valley and a 120% increase in Lake Hughes.

"Cal Water is getting about half of what they asked for in our region," said Tyler. "I think we did a great job, especially on costs of construction," he said.

Five members of the Leona Valley Water Committee made two trips to San Francisco last April to participate in a settlement conference with California Water Service and to testify at a hearing before the administrative law judge. The committee argued that Cal Water intended to pay contractors at 2006 prices, thus driving up the cost of capital improvements.

Although the rate increase will be put in place over the next three years, most of the increase will hit residents in early 2011, according to Tyler.

A 5% increase will likely be in force in 2012, and a third one in 2013.



Rally Auto in Palmdale was one of the sponsors of the Leona Valley Gymkhana Queen Pageant. Left right: Pat Bonas of Rally Auto, Little Miss Alyna Eaves, Jr. Miss Madeline Lutz, and Miss Heather Ross. Congratulations to all the winners. Article and more photos, page 12.

Solar Energy Considered for School Meeting on Nov. 30

Solar Energy? How does it work for a school district? What are the community impacts?

The Hughes-Elizabeth Lakes Union School District is considering a solar project to save energy from electrical usage. This project will not only save the school district money in electrical bills but is also environmentally sound for our community.

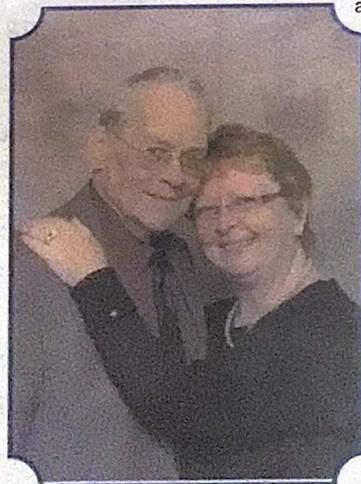
Tuesday, November 30, 2010 we will have a special meeting at 6 p.m. in our cafeteria for the entire community to better understand what we are proposing and to give you a chance to ask questions.

Please let all your friends and neighbors know about this important meeting. We look forward to seeing you!

Green Valley Couple Celebrates 50 Years Together

Sandra and Gary Gambrel, residents of Green Valley for the past 38 years, celebrated their 50th wedding anniversary in October with a dinner and dance held at Laguna Woods Clubhouse in Laguna Woods, California.

The party was attended by many of their family and friends, and portraits of all guests were taken as they arrived. Entertainment included a slide show of Sandra and Gary from childhood to the present, and a beautiful heart-shaped cake added to the festivities.



Smog Test Your Car in Leona Valley

BY Dahlia Grossman
Editor/Publisher

JV Automotive in Leona Valley is now licensed to do smog checks. This is the first time a Lakes and Valleys auto repair business has offered this service. Most cars can be tested for \$59.99; trucks, RVs and vans are at a higher price.

If the vehicle does not pass, owner Juan Vargas and his staff can make the repairs.

Juan, who has owned and operated the business for six years, couldn't be happier. "It took us three years to get all the equipment and get licensed by the state," said Juan. "So we are very happy to be able to offer this service to our customers," he said. Juan added that he truly appreciates the support the Lakes and Valleys Communities and wishes everyone a happy holiday season.

I have been a customer of JV Automotive for six years and I fully endorse them.

THE MOUNTAIN YODELER

Deadline for ads, payments and articles for the Jan. 1 issue is Dec. 15.

Payments: Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 965-2201 or 724-1293. dahlia.grossman@verizon.net

Christmas in the Lakes and Valleys

Lake Hughes
Sun., Dec. 12

Community Christmas Dinner at The Oaks

On Sunday, December 12, at 5:00 pm, The Oaks Camp and Conference Center invites all residents of the Lakes Community to join us for an evening of celebration. With a wonderful Christmas dinner, a great time of Christmas carolling and just getting together we would like to start the Christmas season with this special time of gathering.

In order to best prepare, we have complimentary tickets available at Papa's Country Store, Church of the Lakes and The Oaks main office after November 26.

The dinner will be held in the Rosey Grier Dining Commons and doors will open at 4:30 pm. We would love to have you come!!! Call 724-1018 ext 308 for additional information.

Lake Hughes - Sat., Dec. 11 Santa Party/Kids Karaoke

Hey kids, Moms and Dads, too! Santa Claus will be making his yearly visit to the Lakes Community Center on Saturday, December 11th. "The Santa Party" begins at 5 PM so everyone will be here for Santa Claus to arrive with VOP (Volunteers on Patrol) escort and hopefully riding on one of our community fire trucks, if it is not at a fire.

There will be hot cocoa, punch and homemade cookies to munch on while we all wait for Santa. This year we will have a "Christmas Kids Karaoke" for the someday to be famous to take turns singing a song at the mike while the rest of us sing along.

Parents, please remember to bring your camera to take lots of pictures. This is a free event. However, we welcome and appreciate donations, if able to contribute, for the ongoing upkeep of the Community Center. We hope to see all the Lakes area children of any age at this fun event at your Lakes Community Center.

Leona Valley - Wed. Dec. 1 Fire Safe Council Party / Meeting

By Laura "cha" Vernetti, contributing writer

It is hard to believe that we have been around for eight years now. Time flies when you are having fun...of course and being fire safe. Over the years we have learned a lot and have continued serving the communities in a variety of ways. Customers have come to count on our brush clearance program. Our free chipping days have been very successful and we are able to give thanks to our local firefighters at our Annual Firefighter Appreciation Day.

We hope that you will be able to join in end of the year celebration at the Angeles Forest Valleys & Lakes Fire Safe Council December meeting in Leona Valley for our annual holiday gathering.

See Fire Safe Council, page 3

Green Valley - Sun., Dec. 5 Breakfast with Santa

Breakfast with Santa will start at 8 am. Bring the family, have your picture taken with Santa and tell him what you want for Christmas.

Leona Valley - Sun., Dec. 5 Free Christmas Meal for Seniors Nuns for Fun to Entertain

Sertoma invites all seniors (age 55+) to join them for their annual free Christmas meal on Sunday, Dec. 5 from 1 - 4 pm at the Leona Valley Community Building. If anyone needs a ride, please call Charlene Moore at 273-1313 or Richard Thomas at 270-0099.

The popular singing group "Nuns for Fun" will be the featured entertainment Sunday, December 5 at 1:30 pm at the Leona Valley Community Center at Sertoma's annual free Christmas lunch for seniors.

Based on the movie *Sister Act*, the Nuns for Fun will be performing some of their Christmas favorites. Nuns for Fun has performed all over Southern California, including the Palmdale Fall Festival and St. Andrew's Abbey's annual festival at Valyermo.

Don't miss them and have to confess that you did!

Angeles Forest Valleys and Lakes Fire Safe Council



**We wish you a very happy,
safe and joyous holiday season
and a prosperous New Year!**

CHURCH OF THE LAKES Annual Christmas Musical Spectacular



Join Us for an Evening of Music and Praise

Saturday, December 18, at 7 pm

43728 N. Mountain View Road, Lake Hughes

Featuring

The Church of the Lakes Adult Choir
The Church of the Lakes Youth Choir

The Three Wise Guys Trio
Brass and Piano Ensemble
Audience Sing-Alongs
And much, much more!!!!



Refreshments following the performance, including birthday cake and ice cream for Jesus.

Fire Safe Council, from page 2

December's meeting is always a little different and of course fun! It is the time of year we remember the many reasons to be thankful. We are thankful for the opportunity to work in such beautiful communities and work with some great people who are members of the FSC. Thankful to live in this great place where people care for each other and feel strongly about protecting what we hold so dear.

The FSC wants to share their joy with the members of the FSC and community members and make December's meeting more festive. We will be meeting at the regular time and place, Wednesday, December 1 at 7 pm in Leona Valley. Everyone is encouraged to bring some kind of munchie.

To add to the fun, everyone gets to help make up personal packs for the storage bins in each of the communities. We hope that you can join us for some fun and good cheer. For more information please contact Betty at 270-9911. If we don't see you, all of us at the FSC extend our wishes for a safe and joyous holiday season.

One of the Real Joys of the Holiday Season is the Opportunity to say Thank You and to wish You the very best for the New Year!

The Gals at the Lake Hughes Post Office

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HUGE YARD SALE to benefit *The Mountain Yodeler*

**Saturday & Sunday
January 15 and 16
and January 22 and 23**
(indoors) at the
Lakes Community Center

We need donations of saleable items.

Please bring items on Friday, Jan. 14 between 10 am and 4 pm or Sat., Jan. 15 from 10 to noon.

If you want to drop off stuff in advance or need someone to pick it up, please call Dahlia at 724-1293.

If you want The Yodeler to continue thru 2011, we really need your support.

Community Standards Revisions to be Made

Leona Valley Town Council's Community Standards District committee has made suggested revisions to the community standards based on community input at the October 11 meeting. These revisions will be submitted to the Regional Planning for approval.

The areas of the CSD document that were revised had to do with lighting, grading and setbacks.

The committee is recommending that anyone building a home can grade up to 10,000 cubic yards of dirt without a conditional use permit. The current maximum is 7,500 cubic yards.

The committee also felt that the lighting standards proposed by the county in its latest version of the document is unacceptable. "It (the limits to outdoor lighting) should have been done in lumens (rather than watts)," said councilman Bill Elliott. "We suggest that the county use the exact wording that we have in our CSDs."

Norm Hickling, deputy to Supervisor Antonovich, who attended the council meeting, said the county is trying to separate the lighting standards from the rest of the countywide plan and get them done more quickly. The county had asked our town councils not to put a lighting section in our CSDs because the county was creating areawide specifications.

In October, the Lakes Town Council, which is also concerned about keeping our "dark skies," wrote a letter to Supervisor Antonovich asking that it be made a priority. Antonovich sent the council a reply, saying he would look into it.

Councilman Elliott said the Setback portion of the CSDs will also be revised to correct a mistake in the wording.

Elliott also said that the council is taking steps to make sure that residents are aware of any new construction, including that done by utility companies, such as DWP and Edison. "We need to make sure that everybody gets notified within 3,000 feet," said Elliott. "We learned our lesson from the power lines. Nobody got notified. It was only 300 feet. We now are saying you have to go over at least 3 parcels or until you meet a resident. And at least 10 residential property owners must be notified," he said. Elliott said Leona Valley Town Council should also always be notified. "Right now we don't get notified," said Elliott. "But we can subscribe to the agenda for the Regional Planning meeting," he said.

FOOD FOR THOUGHT

The Five Most Dangerous Foods to Feed Your Child

By Joel Fuhrman, M.D.

1. Butter and Cheese - full of saturated fat and fat-delivered chemical pollutants
2. Potato Chips and French Fries - rich in trans fat, salt, and carcinogenic acrylamides
3. Doughnuts and other trans fat - containing sweets - rich in trans fat, sugar, and other artificial substances
4. Sausages, hot dogs, and other luncheon meats - contain N-nitroso compounds that are potent carcinogens
5. Pickled, smoked, or barbequed meats - places you at risk of both stomach cancer and high blood pressure

Get your children hooked on healthy foods instead! Try this healthy snack alternative for a sweet treat in lunchboxes or after school.

Core an apple and spoon almond butter, cashew butter or peanut butter into the center and top with raisins and/or unsweetened coconut, or place a date/coconut roll in the center, instead of the nut butter. These may also be either baked or left as is.

DrFuhrman.com 1-800-474-WELL(9355)



New and continuing members of the Leona Valley Town Council are sworn in by Norm Hickling, deputy to Supervisor Antonovich at the council's November meeting. Left to right: Rich Thomas (alternate), Linda Pearcy (alternate), Peggy Fuller (treasurer), Christina Johnson (secretary), incumbent Bill Elliott (president), incumbent Suzie Love (vice president), and Aaron Ferris (member at large). Fuller received 245 votes, Ferris 71, Johnson 29, Thomas 13, and Pearcy 12.

See news happening?
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Lakes Little League Adjusts Divisions for 2011 Spring

By Amy White, League informational officer

After careful deliberation, the 2011 Lakes Little League Board has made changes to all divisions of play for the upcoming 2011 Spring season.

"The decision by the board is three-fold," said Lakes Little League President Greg Messineo. "First, it's an effort to encourage the progression of each individual player's abilities. Second, we want to improve the overall level of play at Lakes Little League, and third, it will mirror the divisions throughout District 51," he said.

The new divisions will be as follows:

T-Ball for players league age 4-5, with an option for first year age 6. Farm II Baseball, a coach pitch division for players league age 6-7, with options for second-year 5 year olds and first year 8 year olds. Farm Baseball, a player pitch division for players league age 7-9. Minor Baseball, a player pitch division for players league age 9-12. Major Baseball, a player pitch division for players league age 9-12. Minor Softball, a player pitch division for girls age 8-12. Major Softball, a player pitch division for girls 9-12.

The Lakes Little League is now registering for the 2011 Spring

Baseball and Softball Season for Boys and Girls ages 4-12 who live within the Lakes Little League boundaries. This includes the areas around Lake Elizabeth, Lake Hughes, Green Valley, Leona Valley, Three Points and Kings Canyon.

Registration Days are scheduled for December 4, January 22, 2011 and January 29, 2011. All are Saturdays and run from 9 am to 1pm at the Lakes Field, 13499 Elizabeth Lake Road.

All new and returning players must bring copies of proof of age and three proofs of residency. These are Little League International requirements.

Also new for the 2011 season will be the requirement that all players above T-Ball age will be required to attend try-outs.

Payment must be received at registration. The Lakes Little League accepts cash and check for payment. There are also payment plans available for those who qualify.

See The Lakes Little League website for more information, all requirements, application forms and special information at <http://www.eteamz.com/Lakes>, Facebook, or contact Greg Messineo, 661-917-1671 or lakeslittleleague@roadrunner.com, Jessica Izzo, Player

Agent: 661-270-1267 or junglepeanut@msn.com, or Denise Sebra, Registrar: 661-435-6036 or nursesebra@gmail.com.

Crime Still Down, says Deputy Schneider

By Dahlia Grossman

Crime is still down, according to Resident Deputy Bob Schneider. "There is nothing significant to report except the (ongoing) drug problem," Deputy Schneider told residents at the Leona Valley Town Council meeting.

Schneider did say, however, that recent arrests of parolees in Santa Clarita linked them to car burglaries in the Lakes and Valleys. "They recovered a bunch of stolen mail," said Schneider. "One person admitted a bunch of car burglaries in the Lakes and Green Valley, but we had no report of the theft. We did not have one report. So they get away with that. If your car gets broken into please report it even if you think it's not significant. When agencies recover stuff and they have no victim, the burglar can not be prosecuted," he said.

At the Lakes Town Council meeting council member Chuck Kewitch said he knew of at least two incidents in Elizabeth in which cars were broken into. "One called (the sheriff) and one did not call," he said.



Congratulations to the following, who were elected to the Lakes Town Council on November 2, 2010: Cassidy Skelton (194 votes), Bob Large (165 votes), Debi Tallent (137 votes), Rhett Blackwell (130 votes), Luke Vion (125 votes), and Charles Slay (115 votes). Cassidy Skelton and Bob Large will serve for two years; Debi Tallent and Rhett Blackwell will serve for one year; and Luke Vion and Charles Slay will serve as alternates for one year terms. A total of 158 votes were cast for town council in Elizabeth Lake and 147 in Lake Hughes. Photo: Norm Hickling, deputy to Supervisor Antonovich, swears in the Lakes Town Council at the November meeting. Grossman photo.

Thank You, Subscribers

Thank you to the following, who renewed their subscriptions to *The Mountain Yodeler* during September and October.

Lake Hughes and Elizabeth Lake

Dawn and Dana Stewart

Denise and Jeffrey Shanks

Sandra Miller

Green Valley

Bob Witt

Attorney Volodar Kuzyk

Leona Valley

Sal and Candace Elia

Vance and Juanita Kirkpatrick

Susan L. Cosola

Out of Town

Rita and Mike Johnson, Hamden, CT

For those who have never sent a donation by subscribing to your local paper, I hope you will consider it some time this year. Many large newspapers are going out of business and I do not want *The Mountain Yodeler* to follow that path. We have lost more advertisers this month and your subscriptions are needed to keep the paper going.

If things do not improve, next month's paper will have only 16 pages and a lot of articles and photos will have to be left out.

Please send your check to Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

Also, see page 3 for information about The Yodeler's annual yard sale fundraiser. If you can not send a subscription, perhaps you have something to donate to the sale.



"Chicken" clouds over Elizabeth Lake by Lu Bole.

Exciting announcement:

I've joined the Troop Real Estate team in order to better serve my clients. I've expanded my area of expertise to include the Santa Clarita Valley, while I remain a resident of and continue to serve the Antelope Valley."

SHORT SALE SPECIALIST: Four successful short sales closed in the Lakes/Green Valley/Leona Valley area in the last 3 months. Call me for a free consultation and I can explain your options. Negotiating with all major banking institutions is my specialty. Some banks offer bonus to seller as incentive at close of escrow.

FOR SALE: Very rare property: 10 acres flat useable land, fully chain-link fenced, w/3 separate houses - all move-in ready, huge barn, 25,000 gal. irrigation pond, your own fire hydrant, water well, dog kennel areas, & greenhouse! All for \$49K in lovely and scenic Lake Hughes on paved road! Call me for details.

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Early Morning Crash on San Francisquito Canyon Road

By Lu Bole, senior staff writer

A late-model white firebird, driven by a young woman coming from Green Valley, did not negotiate the sharp curve just over the top of the hill, spun 180, and landed in the ditch on the north side of the road at about 8:30 am, the day before Halloween.

The driver was not hurt, and no police were called.

When I spoke with the driver and her companion, who had come to her aid after the accident, she said that her serpentine belt had snapped just after cresting the high point of the hill.

They were able to get cell phone service, and had called a tow truck. Bole photo.

Code 7 Ministries

A food ministry serving the Lakes and Valleys. If you are in need of food or have food to donate (canned goods or dry goods), call Glenn at 270-9016.

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Race Track Halted; Property to be Preserved as Open Space

The Race Track proposed for a parcel in Fairmont near the Poppy Reserve will not go forward. An email from Norm Hickling, deputy to Supervisor Antonich, reads as follows:

"I have been informed this afternoon the property where the Fairmont Motorsports Park was proposed to go has been sold to another buyer. The buyer is using the property as mitigation land and open space. The Racetrack is no longer a concern as County Regional Planning has been told to stop all work on the project."

There was strong support, but even stronger opposition to the project from Lakes and Valleys residents and from Fairmont residents, who recently formed their own town council.

The email from Norm Hickling was forwarded to *The Yodeler* by Three Points Town Council on November 20, who added the following:

"Hello Everyone,

I am pleased to share this email from Norm Hickling that has been forwarded to me from others who worked to stop the Fairmont Motorsports Park.

Thank you all who sent letters and emails of support for the Poppy Reserve and opposed the racetrack, and for supporting our council's decision to oppose the track as well. A better outcome could not be imagined, as long as the buyer is not mitigating for a project in the area with different set of adverse consequences. I will keep you informed as I learn more.

Sincerely,
Susan Zahnter, VP Three Points-Liebre Mountain Town Council

In Loving Memory Dr. J.E. Fant HELUS Superintendent

By Dorothy Solberg
Dr. J. E. Fant, teacher, principal and Superintendent of Hughes-Elizabeth School for 31 years, passed away October 24, 2010.



He started at HELUS in 1954, the year the new school was completed, combining the Elizabeth Lake School District (formed July 6, 1874) and Lake Hughes District (formed March 6, 1899). His salary was \$3,600/year and besides his principal duties, he taught 7th and 8th grades.

Fortunately his classroom was next to the office because without a secretary he had to answer the phone and do office duties along with teaching.

The school had five classrooms, a small office, cafeteria (no kitchen), two buses, and four teachers (besides Mr. Fant): Alice Grenier, Hazel Phillips, Estella Kelley, and Cecile Grove.

Bus drivers were Lee Rodgers and Margarette Barth.

In 1961, Mr. Fant became the first superintendent/principal and in the 1960s, Hughes Elizabeth Lakes School was selected as a model school by the Los Angeles County superintendent of schools.

He leaves his wife Jo of 61 years, three sons - Jerry, David, and William, daughter Stephanie Mauldin, twelve grandchildren, and 13 great-grandchildren.

Lake is Weed Ridden

By Dahlia Grossman
A Lake Hughes resident approached the town council with her concern over the weeds that are taking over the lake.

Outgoing councilman Tad Summers said he had spoken on several occasions to a biologist for the Angeles National Forest, which is responsible for maintaining the shoreline around the lake.

"It's been an ongoing problem with them," said Summers. "They (Forest Service) are having difficulty figuring out how to attack the problem," he said. Summers said the reeds come from Northern California in the water and go all the way out to Ventura. "They (The Forest Service) are aware of the problem and are trying to figure it out in an ecological way. If they chop them down, they will be back next year," he said.

Resident Jim Rogers suggested that the town council invite the biologist from the Forest Service to make a presentation about the problem.

Call Fire Fighters

needed for Green Valley and Leona Valley. Call John Grimm at 270-1628.

Dave Says

Prepping kids for healthy habits

Dear Dave,

We have two kids, ages eight and 11. When they get some money we have them take out 10% for tithes or giving, and 10% for saving.

It's difficult with the younger one sometimes, because all he wants to do is spend money. And really, if he gets ten dollars, what's the point of putting away just a dollar? How do you convince a child this age that it's good to save?

Allen

Dear Allen,

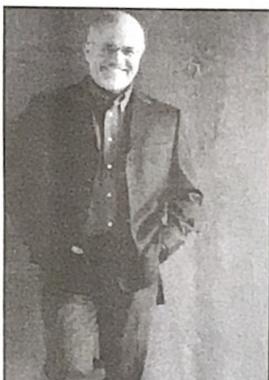
First, I think you've got a nice plan in place working with them on saving and giving. With a kid who's eight, you start out by explaining it the best you can on his level. Then, if he still doesn't want to do it, you make him do it anyway.

Sometimes, as a parent, you have to pull rank when it comes to doing what's best for the kid.

Here's the point of saving, even if it's only a dollar. You want to make sure you teach them a pattern of habits that will help them win in life. When your kids have homework you make them sit down and do it.

Then, you help them when they need help, right? The point is you want them to learn good study habits, so that when they get into high school and beyond they can succeed.

That one dollar won't make him rich right now, but getting into the habit of saving — because his mean, old dad made him do it



when he was a kid — will make him wealthy one day!

You might try setting goals for him, too. Lots of younger kids have trouble with the concept of saving. But if you set some goals, and let him save a little bit of money and pay for something himself, it will be a real lesson for him. It will show him that delaying pleasure really pays off.

Make sure you start small, with a few easily attainable goals. Then, you'll be paving the way for bigger things, like saving for a car and maybe even college!

—Dave

Landlord wants protection

Dear Dave,

I'm a new landlord, and I have a question. In the event of a lawsuit, what is the best way to protect my personal assets?

Carrie

Dear Carrie,

I'd go with a liability umbrella policy of about two million dollars. This picks up where your liability leaves off on your car, homeowner's and rental property fire and extended coverage policies. It's not very expensive, either.

If you start to build a substantial portfolio of investment real estate, such as houses, you might want to begin putting every four or five properties you buy into a separate corporate entity. I'd advise an LLC, which is a kind of cross between a sole proprietorship and a corporation. It has some of the best characteristics of both business types.

Each LLC is a separate company with its own checking account. If you do all the paperwork properly, and an LLC entity owns a property where someone falls and sues you, then they can only sue for the assets of that company.

—Dave

* For more financial help please visit daveramsey.com.

Happy Holidays and thank you to our customers and friends for your continued support.

Discounts given to Lakes and Valleys residents.



Wishing you a blessed New Year

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of Realtors):

Lenders naturally have strict guidelines for borrowers who've been through a short sale or foreclosure or have deliberately walked away from a mortgage. But even these former homeowners can apply for a new loan after a waiting period of two to seven years, depending on the buyer's circumstances and reestablished credit history.

"The two-year wait applies to buyers who completed a bank short sale and want to obtain a loan insured by the Federal Housing Administration (FHA), while the seven-year wait applies to buyers who deliberately defaulted on a mortgage despite the ability to make the payments and want to get a loan that can be sold to Fannie Mae."

If you are one of many homeowners facing this situation, it's important to take a step back and think long and hard before making a critical decision. Your future is literally in your hands.

Jennifer Ivanov, broker
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Also, see ad on page 17.

Editor's note: Linda Berg and Jennifer Ivanov will write real estate columns in alternating months.

By Jennifer Ivanov, contributing writer

A Bank Short Sale vs a Foreclosure or a Deed in Lieu? My Oh My, What Shall a Homeowner Do?

If you're like many other homeowners, you've asked yourself "Why should I consider a bank short sale of my home when no matter how you look at it, I'm losing my home. What's the difference? I might as well just stay here and save my money until I get kicked out!"

As much as that sounds appealing, a homeowner should be aware of the ramifications they will surely face and the penalties of the aftermath.

Especially now, all defaulting homeowners should consider the current market conditions and the "big picture." Looking ahead and careful planning can more successfully set up your future.

Foreclosures are expected to peak through the first quarter of 2012 and those homes will need to be marketed and sold. Until most or all of them have been absorbed or bought up, prices are likely to remain low or may continue to fall.

It is the simple economics of supply and demand. An over supply of inventory will bring the prices down. So how does this effect you as a homeowner in default, you ask?

Great hope and opportunity lies ahead. Don't miss the boat!

By short selling today, you could still catch the bottom of the wave and be prepared to buy again in just two short years while home prices are still low.

With a Foreclosure or a deed in lieu you could be looking at up to a seven-year waiting period! Here's why:

Current Guidelines (per the October, 2010 issue of *California Real Estate*, the official magazine of the California Association

Real Estate: State of the Market

Merry Christmas and Happy Chanukah to our readers.

T.V. Show Filmed in Green Valley

By Lu Bole, senior staff writer

Many folks living here in the Lakes' and Valleys' communities are actively (or formerly) employed in the entertainment industry. For them, the changes that have been made to some of the buildings here in Green Valley, the sudden appearance of literally tons of material, vehicles, the cries of "Silence on the set..." - "Rolling...". "Truck, Truck, Truck...". "Cut, that's a wrap..." and the occasional road closures by CHP officers are all very "ho-hum."

But for the majority of Green Valley residents, those changes cause some excitement, increased heartbeats, and bring out just plain curiosity.

A show in its second season, called "Justified," is currently being filmed in Green Valley. "Justified" stars Tim Olyphant, who previously appeared in "Deadwood," and "The Crazies."

Tim plays a marshal in Kentucky. (Luckily for us, the rains that came in early October have caused the grass and weeds all over Green Valley to

burgeon, making it look a lot like the "hollows" of Kentucky - or so the location manager, Andy Keeter, told me.

The first season of "Justified" is coming to DVD in January, 2011, and the second season, being filmed now, will also open in January, on the FX channel.

Mortimer's Hardware in "Uptown Green Valley," has become Bennett's General Store as well as a sporting goods establishment. (See photos.) Who knows what it will be next?

The Johnson-Zerillo cover for their motor homes has been transformed into the entrance to a coal mine! Other residents' homes/properties have been modified into other (not necessarily what their owners originally intended) settings for various scripts.

The crews may be here for several more months.

I watched Director Jon Avnet and his crew filming a 10-15 second scene at the "coal mine" - for several

hours.

CHP cars were stationed at both ends of the "set," and when filming actually began, traffic was stopped - but never for very long. (Even the high school bus had to wait for a few minutes, as the director was trying to squeeze in the last few minutes of late-afternoon sun streaming into the "mine" opening.)

Everyone with whom I spoke from the cast and crew was very friendly, not minding that we "locals" sometimes set up chairs (outside of camera range) to view what's going on, taking the time to answer what may seem, to them, very inane questions, and generally being very approachable.

I, for one, plan to buy the DVD when it comes out, and definitely plan to watch the FX channel as "Justified" comes to the small screen in January, 2011.



Above and below: Mortimer's Hardware in Green Valley has been transformed into Bennett's General Store. Photo: Cindy Lindaman



The crew tries to keep warm while working. Photo: Lu Bole.



The director's chair. Photo: Lu Bole. Watch for the show on FX in January.



The Johnson's and Zerillo's cover for their motor homes on Spunky Canyon Road is now the entrance to a coal mine. Photo: Lu Bole

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Kindergartners Give Thanks

Submitted by Susan Ledoux

The students in Mrs. Beswick's and Mrs. Ledoux's kindergarten classes at H.E.L.U.S. have so much for which they are grateful! As Thanksgiving approached we discussed what we are thankful for. Here's what they said:

I am thankful for...

1. my mom and dad. Brothers and sisters. My friends. My dogs. My family. Rylin

2. my little sister Sophie. My mom and dad. My neighbors. -Samantha

3. God. Friends. My cat that died. Samantha and my friends. My mom, dad, sister and pets. -Payton

4. Isaac. Myself. My brother. My friends. My mom and dad. Mrs. I. -Noah

5. Isaac. My mom and dad. My sister. Myself. -Michael

6. my friends. My family. My grandparents. My friend Kayden. My Nevin. -Maxwell

7. God. My grandma and grandpa. My friends. My dad and mom. -Kylie

8. that I have a brother and a dog, and my mom and dad. -Colin

9. my mom and dad. My friends and brother. My school. -Ella

10. my house. My school. My mom, dad, sister and brother. My friends. My Wii. -Gavin

11. ...my brother. My mom and dad. My friends. My dogs. Toys. -Hayley

12. my brother and sisters. My mom and dad. My grandma and grandpa. My playground. My friends. -Isaac

13. my dog. My two grandmas and grandpas. My mom and dad. The cute puppies up the street. My toys. -Christopher

14. my grandma and grandpa. My family. God. My friends. -Alyssa

15. that I have a garden. Food. To have Jesus. -Allison

16. that I have a family. My dog Crystal. My mom and dad. Santa Claus. Aeryk. -Alex

17. Alex. My dogs. My mom and dad. Myself. -Aeryk

18. God, my Sherman and Katie, my grandma and grandpa, Kayla and Zoe, and my mom and dad. -Kylene

19. Thanksgiving, and the army. -Caleb

20. video games, my father who died, my mom and dad, the bumblebees, Miss Alice, the army people and the ships; pirates too. -Charles

21. my nana, my ice cream and my family. -Daniel

22. my teacher, my mom and dad, and my kitties and dogs. -Jorn

23. my playset, my house and Thanksgiving, too. -Kaden

24. my mommy gives me a horse that swims and eats grass, my dogs, my mommy, daddy, grandma, grandpa, uncle and my brother. -Kara

25. my grandma, my papa, my sparkly crayons with a sharpener in a big container, my red seal, my mom, my dad and grandpa and for petting Otis. -Lilyanne

26. my mommy, daddy, sister and my doggies who love me. -Lola

27. a toy, a game, Godzilla and my mom and dad. -Louie

28. my egg sandwich, my teacher, my mommy and daddy and papa and my cereal, Captain Crunch. -Mariah

29. my dogs, my cat, God, my whole family, my house to live in; I hope that whoever's sick gets better. -Samson

30. my mom, who gives me treats when I get home and who got me clothes when I was a baby and my daddy who held me when I cried and for Abby. She's tall. -Sara

31. playing with Tony, jumping, my mom and dad. They love me a lot and Tony is already 20. Then he'll be 21! I like to actually be at school sometimes. -Shawn

32. my mom, my dad, my brothers and sisters. -Tanner

33. my teacher at my little kids' school. I can't remember the name because it's been a very long time. My mom and dad. -Truth

Second Graders Interview Teacher about Marathon

Wendy Perry, 2nd grade teacher at HELUS, interviewed by her class after completing the New York City Marathon on Nov. 7, 2010. Here are some of their questions:

Was it fun? (Madeline)

Yes! NYC is the world's largest marathon so it was fun to be surrounded by so many people.

Did you run on streets or sidewalks? (Carter)

We ran mostly on streets. They close the streets so we don't have to watch out for cars.

Did you run on a bridge? (Mackenzie)

Yes, we ran on 5 bridges! The marathon started on the Verrazano-Narrows Bridge.

Did people fish off the bridges? (Darin)

But people were taking lots of pictures.

Did you see any famous people? (Lilly)

Jared (the Subway sandwich guy) started right next to me! There were lots of famous people in the marathon but he's the only one I saw. I did finish before the Chilean miner, Jared, Al Roker and Meredith Vieira!

Did you pass people? (Jacob).

Yes I did pass people. And plenty of people passed me.

Did you see any wild animals? (Evan)

No wild animals, but lots of people bring their dogs out to the marathon route. Dogs always make me smile!

Did you see Justin Bieber? (Kylene)

No, I don't think he was there. I did see Superman, the Blues Brothers and a bride and groom!

Did you win the race? (Katlyn)

I won a medal because I finished, but I wasn't the first one over the finish line.

What did you wear? (Jacque)

It was very very cold, so I wore black tights, a purple running skirt, two tech shirts and a black jacket. I also had on black earwarmers and black gloves.

Did you see restaurants? (Hunter)

We ran through all five boroughs of New York City, so I saw and smelled lots of restaurants! The food does NOT smell good when running, though.

Did you eat cookies during the race? (Sydney)

I didn't eat any cookies during the race, because I need to eat food that is easy and fast to digest. So I ate shot blocks, and chewed a lot of gum! I also have jolly ranchers to keep a constant supply of energy and drank lots of Gatorade and water.

Was it hard? (Angel)

Yes. Running a marathon is very hard physically and mentally. I got some blisters on both my feet that were really hurting toward the end of the race. But I kept thinking about the medal I would win if I just kept going, and I pushed the pain out of my head. I thought about all the people who were supporting me and thinking about me – I didn't want to let them down.

We would like to wish you, your family & friends

A Very Merry Christmas & Safe & Happy New Year!

From
Peggy deHaas
&
Teri Gordon

17536 Elizabeth Lake Rd.
Lake Hughes, CA 93532
661-724-2592



The Art Page

Todd Cooper
Art Editor

state of the ART in our community

LVAG 7th Annual Juried Exhibition Winners

On Saturday, November 13th, awards were presented at the Lakes & Valleys Art Guild's 7th Annual Juried Exhibition.

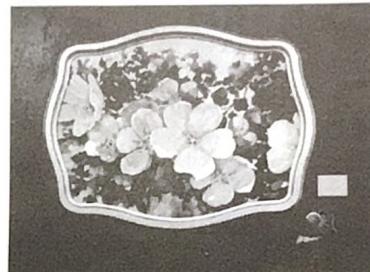
The Guild awarded cash prizes for First, Second and Third Best of Show, Artist's Choice, and ribbons for 5 Honorable Mentions.

The "Artist's Choice" award was decided by votes from those in attendance at the awards reception.

Judging was graciously and thoughtfully provided by Carey Williams of the Daily News.

The weather was perfect for an afternoon at the Lake Hughes gallery and, as usual, there were plenty of yummy refreshments.

Artists from Tehachapi to Santa Clarita entered works in this exhibition.



1st Best of Show:

"Fremontias" by Jo Gayle Gerner

Judge's comments: "A Master's understanding of composition and execution of medium. Wonderful brush technique"



2nd Best of Show:

"Tom in Veracruz" by Todd Cooper (also won the Artist's Choice Award)

Judge's comments: "Brush technique was perfect for the subject. Artist's use of light and shadow was excellent"



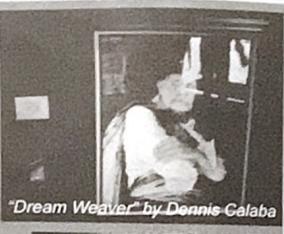
3rd Best of Show:

"Ballerina" by Leon Leigh

Judge's comments: "A true stand-out piece. The artist's use of their material shows a level of expertise that is quite extraordinary"

Congratulations to the award winners and to all the excellent artists who entered.

HONORABLE MENTION



"Dream Weaver" by Dennis Calaba



"Two neckties after a collision" by Darline Coon



"Mermaids" by Frank Dixon



"Poppy fields" by Ann Sly



"Cedar Creek Grist Mill" by Lyle Trust

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Happy Holidays from LVAG!

LVAG NOTES

LVAG logo shirts, hats, etc available at www.zazzle.com/TheCoyoteStudios/LVAG
The next LVAG general meeting will be Sunday December 19, 2010, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.



The evening's top winners: Left to right: Bill Dusell (3rd place), Brian Tremaine (2nd place) and Valerie Kewwitch (1st place).



Costume winners: Joe Nosik and Peggy Scoefield



Mystery costume winner no. 3.

Casino Night a Winner

By Jeanette Lundberg, president, Lakes Woman's Club

Well another great night of fun and prizes came to a close October 30, 2010. And this year's event really brought out some of the most diverse and creative costumes yet!

There were the usual Black Jack, Texas Holdem, Roulette and Craps and, of course, good old fashioned Poker. Everyone was having a good time spending their "play money" and enjoying the music and the raffles.

This year's winners for best costume were Joe Nosik (Fred Flintstone) and Peggy Scoefield (Scottish Lass). We're sorry to say that we didn't get the name of the third costume winner.

The Grand Prize winners were: 1st Place - Val Kewwitch of Elizabeth Lake, 2nd Place - Brian Tremaine of Quartz Hill and 3rd Place - Bill Dusell of Lake Hughes.

Hughes-Elizabeth Lakes Woman's Club wishes to thank our many supporters. We begin with our monetary sponsors: Tom and Linda Joynt, Gigi and Norm Judd, Billy Jo Johnson, P.J. deHaas, The Lake Hughes Community Center, Spunky Canyon Market, Hemme Feed, Marshall Construction Inc., Lake Hughes Center (Jim Merget), Papa's Market, Tetracam Inc., and A.C. Dave. These people the backbone of our fundraising who help our event happen.

This year's dealers were wonderful and we wish to extend to them a most grateful thank you. They were Giordan Campanella, Teresa Greene, Dan Heckel, John Heckel, Dick Blankenship, Pat Wiggins, Bev Brownfield, Terri Gordon and Chad Henspeter. It sure would be hard to play any of the games without them!

Items for our silent auction were donated by the following very generous people and businesses: Fire Station 78, Laura Loya, Lee's Bee's, The Jet Hawks, Tom Joynt, Leona Valley Winery and Jay Ryatt. Rick's Antelope Valley Diamond Exchange and Pawn Shop supplied the beautiful ring for our Key Box and the gorgeous necklace that was one of the grand prizes.

Many others donated gift baskets and gift certificates or other items too numerous to list. We would like to thank all of them for helping support us and our Casino Night event. Having the community join us to have a great evening and also help our community is what really makes this so worthwhile. Thank you all for your support and we look forward to seeing you next year.



Emcee Lee Ryan kept us laughing.



Cindy Lindemann sold 50/50 tickets



Dave Lundberg spun the discs.



Ellie Reisner sold keys.



Photos: Dahlia Grossman

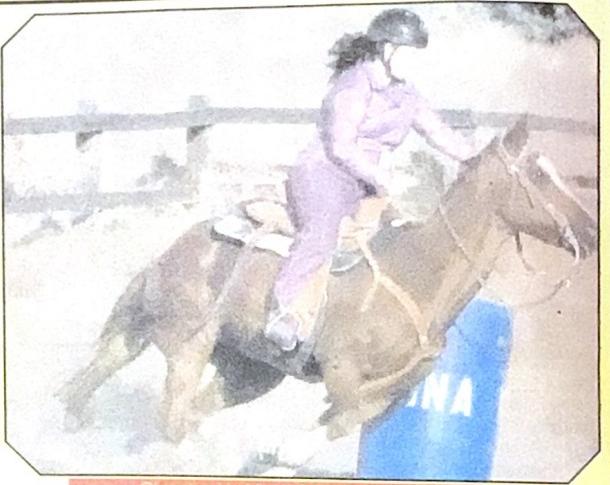
Gymkhana Queens Chosen



2011 queens: Miss Heather Ross, Jr. Miss Madeline Lutz, Little Miss Alyna Eaves.



Cowgirl-Up: Adelyne Wedell



Christina VerMaas, Miss Rodeo contestant



Jr. Miss Poise and Personality
Isabeau Ennis



Jr. Miss Photogenic: Molly Ahern



Jr. Miss Runner-Up:
Sarah Nelson



Contestants and Daryl Knight, master of ceremonies.

By Mike Pohlig, contributing writer

Between the rainstorms, Leona Valley held its 8th Gymkhana Queen Pageant and Coronation on October 16 and 17. Eight young ladies competed for the honor of reigning as queens for the next twelve months and participating in parades, gymkhana, equestrian activities, and local events.

The following five judges took on the challenging task of grading the contestants during personal interviews, speeches, impromptu questions, and horsemanship: Jim Calkins, Diane Garten, Liane Roth, Leigh Semans, and Jay Thomas.

Twenty-six pageant sponsors, 52 sponsors for the individual contestants and more than 22 volunteers made sure that there were enough activities and awards to go around. Check the Sertoma display case outside of Ranchers Market in Leona Valley to see all the sponsors and volunteers who made the pageant a special event. Without them, this would not have happened.

For the third year, Rodeo Bullfighter and retired Sheriff Daryl Knight flew in from Arkansas to serve as master of ceremonies.

After the final scores were counted, our 2010 Queens, Colleen Jackson, Jamie Wells and Olivia McCollum crowned the following young ladies with the title of 2011 Miss Leona Valley Gymkhana:

Miss: Heather Ross, Jr. Miss: Madeline Lutz, Little Miss: Alyna Eaves.

Other honors and awards earned included the following:

Jr. Miss Runner-Up: Sarah Nelson

Jr. Miss Horsemanship: Madeline Lutz

Jr. Miss Poise and Personality: Isabeau Ennis

Jr. Miss Photogenic: Molly Ahern

Spirit Award: Georgia Shnell

Cowgirl-Up Award: Adelyne Wedell

Miss Congeniality: Heather Ross

Special recognition also goes to Christina VerMaas, who proudly represented Leona Valley in the Miss Rodeo California Pageant in Paso Robles in October.

Green Valley "Go For Fun Club" Invites Residents to Hayride

By Glenn McConnell

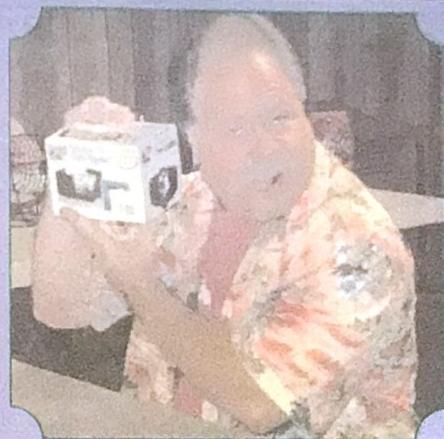
The Go For Fun Club (GOFERS) is for all seniors who enjoy fun, fellowship and service to their community. We will be meeting in December for our monthly potluck luncheon on Saturday, the 4, at 1pm at the Green Valley Bible Chapel.

Our annual Christmas Caroling hayride will be on Saturday, December 18. We will meet at the Green Valley Charitable Hall at 6 pm for a variety of hot homemade soups (the kind that stick to your ribs) and bread.

After dinner we will enjoy a hayride and caroling. We will return to the Charitable Hall for hot chocolate and dessert. This is open to ALL Green Valley residents and their friends and family. Please call Glenn at 270-9016 if you plan to attend.

Recently, the Gofers enjoyed a night of BINGO, an afternoon at the Canyon Theater ("Little Shop of Horrors") and dinner at the Elephant Bar.

We also had our second annual Halloween costume party, hosted by Tony and Carole Pinker. Thanks, Tony and Carole, for opening your home and being such a wonderful host and hostess.



Gofers Glenn McConnell gets goofy after he wins a prize at Bingo.

Bonnie McConnell calls numbers at Bingo.



Gofers at October Potluck



Above and below: Gofers at Bingo Night in Green Valley.



The Gofers enjoy dinner at the Elephant Bar after seeing *Little Shop of Horrors*.





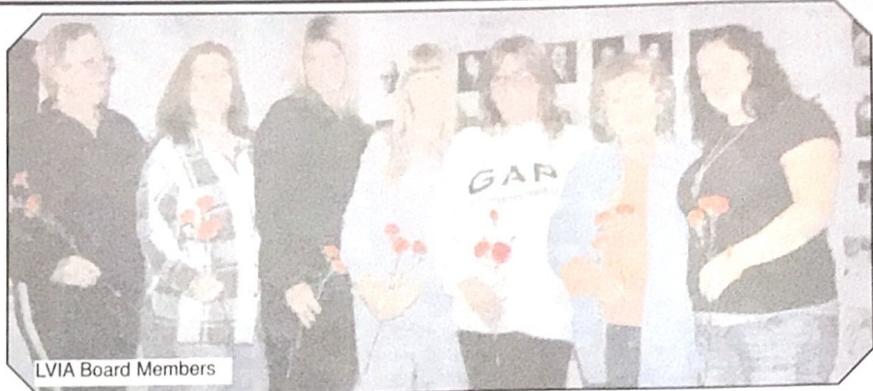
Left to right: Allaire Koslo (Marsha the Mannequin-aka Zoey Miller from Purple Breasts show) art teacher Debbie Campanella and winning art and artist Chloe Koslo. Photo by Alexis Campanella.

Honorary Mayor's News

Congratulations to Chloe Koslo of Lake Hughes, who won the Los Angeles County Lancaster Library Bookmark Contest with the theme: "Swing into Reading." She depicted a young girl reading a book about swing dancing.

Lakes Honorary Mayor Allaire Koslo continued her activism and fundraising for cancer patient and fitness colleague Romina Avery with her solo show held at the YMCA November 14.

It was a powerful afternoon of awareness and healing. Chloe was Stage Manager. Chloe's fabulous art teacher Debbie Campanella was at the show with her daughter, Alexis. Remember ART can AFFECT the HEART and create positive change. For art classes contact Mrs. Campanella at 661.724.1491.



Leona Valley Improvement Association Board Seated

The LVIA Board for 2011 was installed by Juanita Kirkpatrick at the association's general meeting on Oct. 21. The board members are (from left): Cherry Chapters Editor, Christine Stoddard; Corresponding Secretary, Kathy Lodergan; Recording Secretary, Michele Alpers; Treasurer, Peggy Fuller; 2nd Vice President, Jeannie Hults; 1st Vice President, Jan Clark and President, Sarah Clayton.



Lakes Queens Invite Contestants for 2011 Pageant

The 2010 Lakes Queens invite local girls to join the 2011 pageant. The pageant's orientation will be held on Monday, December 13 at 6:30 p.m. in the HELUS auditorium.

All girls interested should attend the meeting with their parent or guardian. Contestants must be a resident of Lake Hughes, Lake Elizabeth, or Green Valley for one year prior to March 6, 2011 (pageant date). The age requirements as of August 1 are: (1) Miss – 16 to 19 years; (2) Jr. Miss – 11-14 years; and Little Miss – 6 to 8 years.

This is a great way for young ladies to become involved in and represent our community. They will also get to know new people and make new friends throughout the Antelope Valley. Contestants selected for each title will compete in the Antelope Valley Pageants.

For information regarding the Miss and Jr. Miss Pageants, please contact Cindy Alcott at 622.7017. For the Little Miss Pageant, please contact Heidi Gesiriech at 724.3077.

We look forward to seeing you!

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St. Elizabeth Mission News

By Lu Bole, senior staff writer

Many of the folks from the Lakes and Valleys Communities have noticed the little church located at the "corner" of Johnson Rd. and Elizabeth Lake Rd., right above the location for the eastern-end "Where Nature Is Your Neighbor" sign. Many of you come out each year for the annual Turkey Dinner, held the first Sunday in November. However, how many really know anything about the history of this friendly community church?

The initial building of the church began in the late 1950s, on a five-acre piece of land donated by the Saitch brothers of Tweedy Lake. The actual building itself was an old abandoned hospital barracks from Edwards Air Force Base, which had to be cut into two parts to be moved to the chapel location. Ground was broken in 1959, and many, many volunteers, of all faiths, from the Lakes and Valleys Communities spent countless hours changing that old barracks into a viable church. In fact, on completion, the Mission was jokingly referred to as the "Catholic church the Protestants built."

The large crucifix behind the altar was donated by Gene Doughty, some time in the sixties. Mr. Doughty carried it about five miles through the Philippine jungles from the Franciscan Mission, where it was made, to the U.S. Navy ship on which he was serving at the time. It was installed in the "Little Mission on the Hill" some time after he arrived back in the States.

The first stained-glass window was installed as a memorial to longtime church member, Phyllis Rea, who passed away in 2003. Since then, 11 more windows have been designed and installed. They all add so much beauty to the chapel.

St Elizabeth's is actually a Mission church, which means that its affiliation is with the Blessed Father Junipero Serra Church in Quartz Hill. Priests from Fr. Serra take turns saying Mass at the Mission on Sundays, and activities at both locations are an integral part of one parish.

The annual Turkey Dinners at the Mission were begun in 1970, and this year's was the 41st. This is the Mission's main fundraiser, and is always eagerly anticipated by all who participate, whether it's to prepare for the dinner or to eat it, or both.

If you'd like to experience more of the friendly folks who call the Mission "their" church, Mass is celebrated every Sunday at 10:00 AM., and you will always receive a warm welcome.

SUPPORT LOCAL BUSINESS.

**USE THE YODELER'S BUSINESS DIRECTORY.
SEE PAGES 15-18.**

Are You Getting Enough Vitamin D?

By Dorothy Solberg

Depending on where you live, the time of year, and what your skin color is, you may be among the approximately 80% of Americans with insufficient levels of Vitamin D. (Californians probably do considerably better)

Why? Lack of sun exposure. Vitamin D is considered the "sunshine vitamin" because it's produced as sunlight touches your skin. And while modifying our diet is a good way to up your vitamin D intake, most people don't get enough vitamin D from food alone.

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WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher
October 2010

Temperature

High- 89° on 10-15
Low- 33° on 10-28, 10-29
Average High-69.5°
Average Low-46.6°
Average Temperature-58°
Lowest High- 55° on 10-26, 10-30
Highest Low- 59° on 10-3

Precipitation

2.64" (1.61" above average, 0.10" above last year)
Seasonal Precipitation (7-1-10 to 10-31-10) - 2.66"
(10.5" above average, 0.11 above last year)

Outlook for December 2010

December 21st is the first day of winter. December can have strong Pacific storms that bring considerable amounts of precipitation in the form of either rain or snow. Daytime highs will range in the low 40s to low 60s. Overnight lows will range from the low 20s to mid 30s.

December Averages and Records

Temperature

High- 79° in 1997
Low- 3° in 1990
Average High-52.4°
Average Low-31.4°
Average Temperature-42.3°

Precipitation

Average Precipitation- 3.09" 2009 Precipitation- 5.54"
Greatest Precipitation-10.21" in 1977
2009 Snowfall 0.30"
Greatest Snowfall- 26.8" in 1987
Average Snowfall- 3.0"

Averages and records only depict data since 1976.

Did you know?

The greatest snowfall in a single storm was 189 inches recorded at Mt. Shasta, California on February 13-19, 1959.

The High Desert Organic Gardener

Grow Food Year Round

By Robert Kerekes
Contributing writer

It is very obvious that our climate here, whether in the mountains or on the flats, is conducive to growing food year round and that gardening is not just a summertime activity.

Growing year round requires individual grower assimilation of the changing climatic conditions of the seasons and what plants do best under what conditions. Plants also have variable temperature ranges - the highest and lowest temperature in which the plant will survive - and humidity requirements.

For instance of all the cole (cabbage related) plants, most of which like it cold to cool, collards will tolerate the most extreme temperatures the best, which is why it is a favorite in the south.

Spinach will tolerate very cold temperature, and grows best in cool weather, but dies quickly in moderate heat. Watermelons must have heat. The plants die at the first freeze and the seeds require warmth to germinate.

One of our members leaves for the summer so he grows only during fall, winter and spring. Summer growing is very work and water intensive. The rest of the year is easier and slower.

I have been doing the gardening co-op long enough now that I know it works, and works well. The aspect I'm talking about is the actual gardening being done here at my place.

This past year has been the most productive ever and it is because of the added input. So far the input has been a moderate amount but it has made a definite difference. At the same time, with more input I would have more crops in the ground right now, which would have given everyone greater choices throughout the winter months.

I'm 73 years of age and was born disabled from a deformed spine, which has played havoc with me my whole life. The only power equipment used here is a weed whacker and chain saws and the saws are used mainly for firewood. I say all this to demonstrate that even under these conditions productivity has been very good and could certainly be improved upon and easily expanded.

I have reached a personal goal of being able to eat mostly food production here on the homestead. In

addition those who have come and worked here have also been able to obtain some of their food in exchange for their labors.

So I have come to see that a food production co-op is very viable and an excellent alternative to the ever increasing rise in the cost of food. These costs are only going to get worse and there will be scarcities. Food grown means money saved, which helps to reduce dependency on a gamed financial system.

In addition organic gardening methods ensure chemically toxic free food. An added benefit here is improved and maintained health. The best health insurance is exercise and a toxin-free, healthy diet.

The image of the family farm is of long hours and strenuous labor.

With a co-op it is more like a job. Spend so many hours a week and take home so much product. The fact that the co-op is operated by many people means members can take their usual vacations and so forth.

We keep hearing and repeating about how we are all living longer and how modern medicine has made it possible for Americans to live longer. Well that may have been true at one time but has not been true for a number of years. Actually our life expectancy has been declining so now we are number fifty in the world - just above Albania.

Do you want to grow organic food for yourself and your family but just can't get started? I have a young, experienced landscaper and organic gardener who will create, for a fee, an organic garden of different types and maintain the garden on your property. Or you can maintain it and have periodic help. He is very flexible. Call me for information.

The Garden Co-op meets monthly on the second Saturday at 2 pm at my place in Antelope Acres. The next meeting is January 8, 2011. The first hour will be a class open to everyone. The topic is: Seasonal Growing All Year. Fee is seven dollars. After class is open discussion, followed by work in the garden for participating members. Call or e-mail me for directions.

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Raised in strict isolation, Modo has

10th Anniversary Edition



Nick Gordon (left) and Roby Duron entertained at the Rock Inn on a Sunday afternoon in November. They are regulars at the Rock and THEY ARE GREAT!! Call the Rock Inn for details. See ad in the Business Directory of this issue.

Big Kids' Book Corner

The Hunchback Assignments by Arthur Slade

Reviewed By Dawn Baertlein

Steampunk? Say what? That was my reaction the first time I heard the term. But I say old chap, I am onboard now!

Steampunk is a sub-genre of science fiction/alternative history set in the Victorian era, when steam was a main source of power. According to Wikipedia, the category has been around since the 1980s, though I've only recently heard it.

Now, however, I see steampunk everywhere. The 1999 movie Wild Wild West with Will Smith is a perfect example. President Ulysses Grant has to be saved from a giant steam powered spider. Steampunk!

The League of Extraordinary Gentlemen is a good steampunk movie comparison to this month's book because of the literary references. This 2003 movie makes use of Tom Sawyer, Captain Nemo of 20,000 Leagues Under the Sea, and The Invisible Man, among others.

The Hunchback Assignments brings to mind, The Hunchback of Notre Dame, of course, and also Frankenstein's Monster, and Dr. Jekyll and Mr. Hyde.

Set in 1860s England, this first book in a series follows a couple of young protagonists raised separately to be agents for a secret society. Modo was only a year old when Mr. Socrates purchased the hunchback from a traveling freak show, and took him home to instruct.

Happy Reading!

been schooled academically as well as in the arts of combat. His powers of observation are tested frequently, and Mr. Socrates allows no frivolity. Fortunately Mrs. Finchley manages to show him a little love and the lighter side of literature on occasion.

On top of his learned skills Modo also has the power, for brief periods of time and with great effort, to transform his misshapen face and body into any human countenance he chooses. And oh how he would choose not to be forever ugly.

In spite of the hardships he's endured Modo is a kind and gentle soul. This makes it all the more shocking when Mr. Socrates dumps him on the streets of London, and he must fend for himself.

It is here that Modo meets Octavia Milkweed. They work together, at first unknowingly, to try to bring down the Clockwork Guild. This nasty group is kidnapping children and turning them into automatons in an effort to destroy the British government.

It's all very big and complicated, and at some points rather gruesome. There's a bit of cruelty in the prologue that grounds the reader in the pseudoscience of this fictional world, and gives him/her a big clue as to who the bad guys are, which isn't as obvious as you might think. While reading the prologue I had to remind myself – it's only fiction. I was glad I forged on.

The Hunchback Assignments is for older kids, grades 6 and up, and is a wild adventure not for the faint of heart.

The Way I See It!

Smoky Bubbles!

An Opinion, by Norm Judd
Californians wisely defeated Prop. 19 but too many one-dimensional thinkers supported legalizing pot.

Is alcohol more dangerous? Yes! Because it's legal and more available! So why put pot on the same level?

Most who opposed my opinion responded from a bubble of smoke! That illegal, insidious, mind altering "gateway" drug has addicted many, and persuaded some non-users to naively join an underworld surge to legalize it. "Underworld" because all pot users violate our laws.

Those I heard from included: A self-described "very well educated -- 23 year-old Political Science student," a government employee who said "I'll probably use it again when it's legal," and one current pothead who suggested, "Maybe you (Norm) should use it for a while before forming your opinion." No thanks! I haven't played Russian Roulette either, but I know it could kill me!

Creative rationales were abundant for legalizing that Gateway Drug, but not one pondered: "Will our youth and our state be less safe if pot is legal, and more available?"

Pot supporters simply don't care! Their kids are grown, or they don't have children, or common sense can't penetrate their foggy bubbles. I compliment Kels Clark from Green Valley (November issue) for addressing the impact of pot on our health and the medical industry. Weed permanently damages the brain, lungs and other organs.

No one contradicted that meth, cocaine, and heroin addicts used pot on their ladder to oblivion. A devastated Mom just told me her daughter has graduated from pot to prescription drugs, meth and heroin.

A couple argued that tax bucks would suddenly be rolling in from pot growers and dealers. And, "If we quit arresting potheads, our police and jails will have lots of time to deal with real criminals."

The cost of a bureaucracy capable of administering such a giant, perverse drug monstrosity

would offset any taxes collected. Record keeping, inspections and testing, investigations, arrests and regulation of pot-growers, distributors, and hordes of underage new users (a certainty), tax procedures, and more. Add more accidents, crimes, and health costs. It is reported that alcohol costs us \$8 for every dollar it brings in. Pot would do the same.

Passing 19 would have thrown California into conflict with the Feds with expensive lawsuits and risk of losing federal money. Alaska legalized pot in 1975, and now (after experiencing all the adversities), they are doing their best to re-criminalize it!

Children already have enough difficulty. Imagine if our state dignified that loco weed and even more parents stashed it in their homes. Sure 19 would have set the limit at 21 years. Did that work for tobacco, alcohol, and pornography? One Lake Hughes pot addict got busted for giving a bag of grass to his son for his 16th birthday! Dopers don't provide valid parental guidance.

Pot finances Mexican drug cartels. With footholds right here in The Lakes & Valleys, legalization would invite them to merge with a legal pot industry, flood our communities with more dope, and compete violently via black market for profits.

One writer who called me "irrational" published a letter a few years ago suggesting that readers (illegally) pick California Poppies for a "tea" with a bit of a kick. How many kids altered their moods with that "rational" suggestion. And by the way, name 2 cops who favor legal drugs and I'll raise you 2 who do not! How about Kim Raney, California Police Chiefs Association for starters.

For nearly 40 years the effectiveness of the War on Drugs has been commensurate with the resources and dedication of those involved from our Presidents on down. In 1978 about 50% of college students admitted trying pot. After 32 years, 48% now admit it! So let's crank up the Drug War! Potheads who disrespect our laws can now get as stoned as they want, so take up and chill out!

After all is said, I appreciate those who respond to my opinions, even from smoky bubbles. It keeps me writing, "The Way I See It!"

A guest editorial
By S.S.Campbell

Proposition 21 has many people torn. As with all measures, there are people vehemently opposed to it, and people who are very strong proponents of it. I have closely studied both sides of the argument and read the actual text.

The said measure would "Require deposit of surcharge revenue in a new trust fund and requires that trust funds be used solely to operate, maintain, and repair state parks and to protect wildlife and natural resources."

The text of the measure plainly states in no uncertain terms that there are to be very strict restrictions on how the money is used and overseen. The Secretary of Natural Resources will establish the Citizens Oversight Committee to review the annual audit and issue a public report on the implementation and effectiveness of the measure, so it is written.

It is clear to me that the state park system are deep in the red. Fees to use them skyrocket while the overall quality declines. It is understandable that people don't trust the taxation for state parks, particularly after the less than satisfactory Adventure Pass system, but what is the alternative?

Should we prolong the status quo? Should we allow our amazing natural resources to fall into irreversible disrepair?

California's tourism industry is a multi-billion dollar operation, which supports a large percentage of our economy. What would happen if the main tourist attractions were shut down or degraded to the point where they weren't attractive?

Isn't preserving the beauty of the state, ensur-

ing our economic stability, and getting unlimited access to the state parks for an entire year worth 18 bucks?

As I understand it, presently only \$150 million out of the \$300 million used annually in the state parks comes from the general fund. The rest comes from fees and donations.

Enacting proposition 21 would create a trust fund specifically for state parks that would generate up to \$500 million, the money in which would be untouchable by politicians in Sacramento.

This would mean that 200 million more dollars would be set aside for parks than before, and best of all, it's a self-sustaining system that can't be influenced by politicians who would redirect the funds to other areas. This self-sustaining cash-flow would cause the moneys from the general fund to be withdrawn and put to use in other areas of significant concern.

In short, the parks would be funded significantly better, and we would see the money previously used to help fund parks going to uses like school building and road construction. Who knows, maybe even some pension reform.

Conservatives argue with the same tired phrase: "It's just another tax." I laugh when I hear that argument. Firstly, 18 dollars a year on top of your annual car registration fees can hardly be called a crippling measure.

If you read the Official Voter Information Guide, then you saw that the argument against it calls it "...a cynical ploy by Sacramento insiders to bring back the car tax..."

Don't you just love how they use the scare tactic? It mentions that it "...could still leave our state parks dilapidated while diverting hundreds of millions of dollars into other government programs."

Is it correct? Not in the least. As previously mentioned, the actual measure

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Prop 21: A Liberal Walk-through

imposes very strict guidelines on what the money in the new trust fund would be spent on, while the money from the general fund previously used to help fund the parks would likely be used in other areas.

Those against this measure argue that we should be focusing on pension reform, road construction and school building instead of our parks. So let me see if I understand your argument, we shouldn't vote for this much needed reform because other much needed reform has not yet happened? Does that make sense?

Editor's note: Thank you the five people who emailed me saying they would like to be The Yodeler's new liberal columnist. Because of the great, I've decided to give each of you a chance to voice your opinions - one each month. I'll be emailing each of you soon to set up a schedule.

Even though this year's elections are over, we can still discuss these issues if you choose to do so.

THE MOUNTAIN YODELER

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Art Editor: Todd Cooper

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The Mountain Yodeler, USPS #2, is published monthly by Woodhaven Publishing. Postage paid at Lake Hughes, CA 93532. Established December 2000.

ADVERTISING: Deadline 15th of the month for ads and articles.

Ads must be prepaid. Submit ads with payment to Dahlia Grossman, Box 444, Lake Hughes, CA 93532. For advertising rates, see business directory. For more information about ads, email: dahlia.grossman@Verizon.net or call 724-1293.

ARTICLES/PHOTOS: Deadline is 15th of the month. Please email to dahlia.grossman@Verizon.net or mail to Box 444, Lake Hughes, CA 93532.

SUBSCRIPTIONS: \$35/yea. Send check to Dahlia Grossman, Box 444, Lake Hughes, CA 93532.

DISTRIBUTION: 2,300 copies.

soldiers news

By Jan Carlson, staff writer

Another very successful yard sale for the troops is over and what a yard sale it was!

The continued support for this annual (the 7th) yard sale to raise money to send packages to the troops has grown every year.

The support of friends, family, coworkers, and neighbors, has made this the success it is every year! I am thankful I have such understanding neighbors and the fact they all pitch in to help, too!

Thanks to Jim Cox for loaning his tables to us again and for helping set up and sell. Huge thanks also to everyone else who helped set up, sell and clean up afterwards!! You are all amazing! If I tried to list everyone, I might leave someone out so it is better to thank everyone. You know who you are!!

This year, Waste Management donated a dumpster to use during the sale. We really appreciated that! What a nice thing for them to do for us!

Now that the yard sale is over, it is time to get more packages going. We will also be working on Christmas packages, so start to think about sending Christmas cards to the soldiers and sailors on the list.

Again, please don't get discouraged if your card comes back. They may be home for the holidays or may have changed locations and the mail couldn't catch up to them. I actually got a card back last month that I sent last Christmas!!

If you ask any soldier, they will say the best part of the day is when they get mail. So please try and send at least one card to someone on the list this year. It will mean so much to them.

I had some students from HELUS donate their wrapped Halloween candy to the troops. What a nice thing to do! That is where my leftover candy went, too.

It is starting to get cooler over seas, so we will be needing chocolate again! Also, hot drinks that can be made in a cup, such as hot chocolate, cider, coffee, etc. Also, pop top soups and meals. Easy stuff to make.

The same list as always, jerky, candy (wrapped), "pop top" food, energy bars, cotton socks, gloves, neck warmers, lip balm, small games or puzzles, paperback books, magazines, unused Christmas cards to send to their family, gum, breath fresheners, chocolate, DVDs, CDs, disposable cameras, international phone cards, washcloths, writing tablets and pens, Christmas decorations, etc., etc. Use your own imagination!

I want to say thanks again, for all the support and help you, as a community give me every year for this yard sale. Every single item is donated, and all the proceeds go to the military. I am just in awe every year at the stuff that comes in. And at the volunteers that show up!

This year, as before, we will also be helping some of the families at Edwards who have loved ones deployed. Sometimes we fail to realize how hard it is on the families left behind during a deployment.

Don't forget to fly your flag!! It doesn't have to be a holiday to fly the flag.

December 1, 2010

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SGT. SPRATT, TREVOR A.
MWSS-371 S-6, UNIT 43040
FPO AP 96427-3040

LCPL KALMAN, R.W.
3/4 H + S BASE JUMP
UNIT 41605
FPO AP 96427-1605

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ER DIV/ENG
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PFC Brandon Martin
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First Lt. Housel, Andrew
D B Troop, 2-1
CAV 4-2 SBCT
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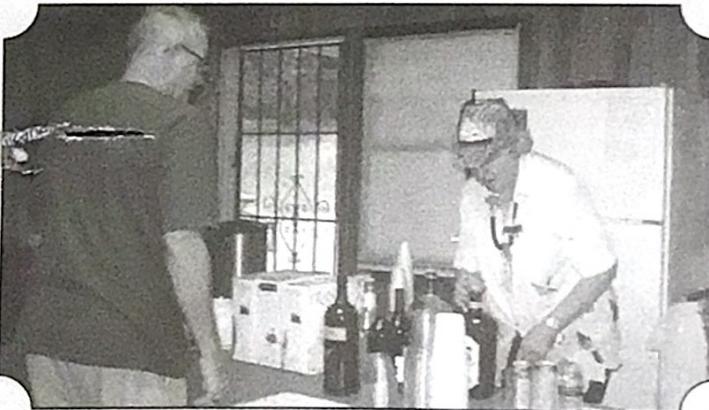
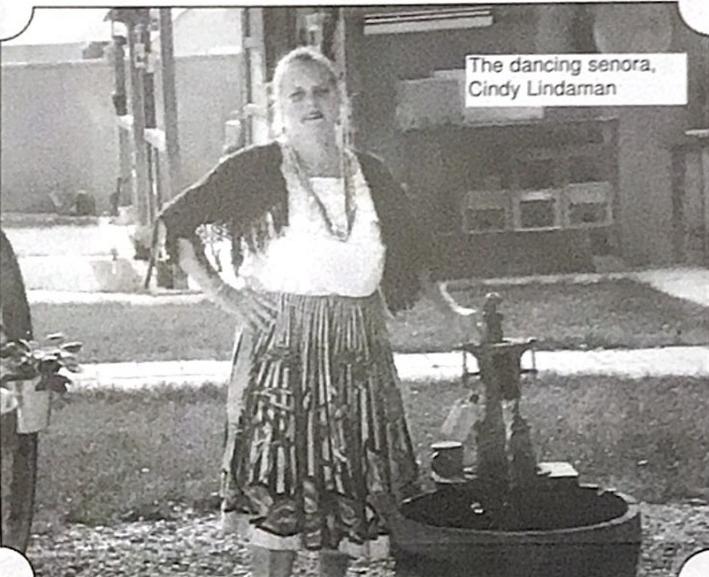
Mexican Dinner in Green Valley

By rookie writer and photographer, Cindy Lindaman

Dinner was a delight October 16 at the Green Valley Charitable Hall, with cheese enchiladas, beef and chicken taquitos, rice and beans, flan, pina colada ice cream, margaritas, etc. - and even a dancing sevora to take your order!

Have breakfast with Santa on Sunday, December 5 from 8 am to 1 pm.

Elections of board members will be held at the Green Valley Charitable Hall on December 14 at 7:30 pm. Come and vote or, better yet, run for office.



Above and below: Volunteers serve food.





The popular singing group "Nuns for Fun" will be the featured entertainment Sunday, December 5 at 1:30 pm at the Leona Valley Community Center at Sertoma's annual free Christmas lunch for seniors (55+). This event is open to seniors living in Leona Valley, Green Valley, Lake Hughes and Lake Elizabeth.

Based on the movie "Sister Act," the Nuns for Fun will be performing some of their Christmas favorites. "Nuns for Fun" has performed all over Southern California, including local events such as the Palmdale Fall Festival and the St. Andrew's Abbey's annual festival.

Mountain Yodeler editor Dahlia Grossman plays in the backup band and Lakes Honorary Mayor Allaire Koslo sings with the group.

Turkey Dinner a Success



By Lu Bole, senior staff writer

The 41st Annual Turkey Dinner at St. Elizabeth's Mission was, as usual, a wonderful event. Thanks to all the volunteers, some from the parish, and many who were not, who helped make it so!

Six hundred+ dinners were served, and everyone with whom I spoke said that the food was both abundant and delicious, and the service was great. We had several families who were "first timers," having never come to the dinner before. Everyone, workers as well as diners, seemed to be enjoying themselves all evening.

Again this year, several residents from the Warm Springs facility on Lake Hughes Rd. came to aid in both parking vehicles, as well as helping in the kitchen and dining room. They made a world of difference to those of us who have "worked" those areas in past years - those gentlemen (and one lady) were absolute angels! (We hope that they will be available to help again at future Turkey Dinners.)

Besides the great food, there was also a craft boutique, featuring homemade breads, fudge, jams, baby clothes, tables, candle holders, candy dishes, bird houses, toys, as well as wreaths and other Christmas decorations. Many folks found "just the right gift" for someone on their list this year!

There was also one more item of interest: the annual cash raffle, with prizes ranging from the third place: \$100, second place: \$250, and the grand prize: \$500.

This year's third place winner was Pollyanna Brewer of Green Valley. The \$250 winner was Barbara Bates, and the grand prize winner was Susan Ledoux of Green Valley. Congratulations to all the raffle winners, and to those who won any of the many door prizes.

If you have never attended the Annual Turkey Dinner, it is always held on the first Sunday in November, from 1 to 6 pm in "The Little Mission on the Hill" at the junction of Johnson Hill Rd. and Elizabeth Lake Rd. Next year it will be on November 6.

Spotlight on Reversing and Preventing Disease

By Joel Fuhrman, M.D.

We know so much about nutrition and its powerful effects to create disease or protect against disease. However, the question that seems unanswered to the majority of our population is what constitutes a healthy diet that is actually disease protecting versus one that is disease promoting?

What degree of nutritional excellence is necessary to make a diet therapeutically disease reversing? How do we measure the quality of our diet or the degree of nutritional excellence we are obtaining?

My book *Eat For Health* answers these questions with logic and science. It is not just a weight loss program. It gives individuals the ability to measure and intuitively judge the nutritional quality of their diet in order to discern whether their diet is optimal for delivering the therapeutic effects for disease reversal and prevention.

How do we design the right diet for those with multiple risk factors or a poor family history? What if you are faced with a serious health challenge, how should your diet be structured for maximum therapeutic effects? *Eat For Health* allows a person to assess their own health needs and determine what level of dietary excellence they uniquely require to begin healing and retraining their taste to prefer healthier options.

The quality of a diet can be judged based on three simple criteria.

Levels of micronutrients (vitamins, minerals, phytochemicals) per calorie.

Amounts of macronutrients (fat, carbohydrate, protein) to meet individual needs, without excessive calories that may lead to weight gain or health compromise.

Avoidance of potentially toxic substances (such as trans fats) and limited amounts of other potentially harmful substances (such as sodium).

A person who Eats For Health is called a nutritarian, and understands that food has powerful disease-protecting and therapeutic effects and seeks to consume a broad array of micronutrients via their food choices.

It is not sufficient to merely avoid fats. It is not sufficient for the diet to have a low glycemic index. It is not sufficient for the diet to be low in animal products. It is not sufficient for the diet to be mostly raw food.

A truly healthy diet must be micronutrient rich and the micronutrient richness must be adjusted to meet individual needs. The foods with the highest micronutrient per calorie scores are green vegetables, colorful vegetables, and fresh fruits. For optimal health and to combat disease, it is necessary to consume enough of these foods.

Few people could expect to have optimal health without attention to the consumption of high micronutrient foods. For example, a vegan diet cen-

tered on high starch vegetables or grains such as rice, potato and wheat, may not contain sufficient micronutrient richness for disease-reversal or to maximize longevity and in some individuals the lack of attention to micronutrient density may be disease-causing. *What makes Eat For Health unique?*

It's more than just weight loss. Menu plans, recipes, and dietary suggestions are based on micronutrient per calorie density, offering the most effective approach for both weight loss and disease prevention and reversal.

It's a healthy and risk free way of eliminating food cravings and overeating. The physiological and emotional components that lead to food cravings and overeating are clearly explained along with the steps to resolve these issues.

Low nutrient eating (and toxic eating) leads to increased cellular toxicity with undesirable levels of free radicals and advanced glycation end products (AGEs). This toxicity causes addictive withdrawal symptoms (toxic hunger) which results in more frequent eating and overeating. Understanding these concepts and incorporating a sufficient amount of nutrient rich foods is critical to overcoming this addictive cycle!

It works for everyone. Every person has unique nutritional needs, but assuring nutritional excellence is essential for everyone whether old, young, fit, overweight, healthy or ill, to achieve their overall health and weight goals.

It offers a sound nutrition prescription for disease reversal and prevention. This is truly the gold standard of nutritional medicine. These dietary recommendations can be utilized to therapeutically address disease reversal and to protect individuals with high health-risk factors. To accomplish this, the micronutrient quality (H=N/C) or nutrient density of an individual's diet must be increased accordingly.

Thousands who have recovered from their medical problems have been calling Dr. Fuhrman's EAT FOR HEALTH program a medical miracle. They are not just talking about the people who successfully lost weight after failing for years on one diet after another, but about the diseases, such as heart disease, high blood pressure, diabetes, allergies, asthma, autoimmune illnesses (including lupus) and headaches which they have witnessed simply melt away.

See DrFuhrman.com for details.

HELUS FALL FESTIVAL



Photos: Dahlia Grossman

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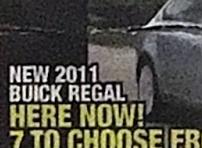




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